

## ABSTRACT OF THE INVENTION

The invention provides a unit dose of an orally consumable material, having a predetermined pharmaceutically effective amount of at least one nonprescription discomfort reliever and a predetermined nutritionally effective amount of at least one nutritional supplement. Each unit dose may be in a container having indications of the amount discomfort reliever and the amount of nutritional supplement in each unit dose. Instructions are provided for consuming the material for discomfort relief and supplementing nutrition. Consumption of the unit dose simultaneously relieves discomfort and supplements nutrition.